**COURSE 007.2**

**Health and well-being (Through Yoga, Community prayer and other physical activities)**

**Internal Marks 20**

**Objectives:**

Awareness of health issues and maintenance of personal health are important factors in the lives of student-teachers, since these sustain a sense of balance, well-being and energy levels. These should be focused during the two years of B.Ed. programme.

**Mode of Engagement:**

For this purpose, two kinds of activities ought to be structured into the programme:

* A cumulative exposure to yoga and its health benefits through regular yoga classes (daily)
* Time and facilities for playing an outdoor indoor sports and /or undertaking to go for regular PT

This is not intended to be a course for those who are going to become instructors in physical education or yoga and hence there is no need to introduce theoretical aspects of these activities.

**Mode of Assessment:**

Faculty should encourage student-teachers to participate in the above activities and keep track of their participation as part of their part of their overall profile. A descriptive assessment should be made on the basis of overall level of participation.